

# TRIO Upward Bound 2022-2023 Annual Performance Report



**Prepared by**

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# What Is Upward Bound



TRIO Upward Bound is a federally-funded grant program from the United States Department of Education. This grant program serves up to 60 low-income, first-generation students at Central and Grand Junction High School. Upward Bound seeks to provide underrepresented students with college-going experiences and support as they prepare for post-secondary enrollment.

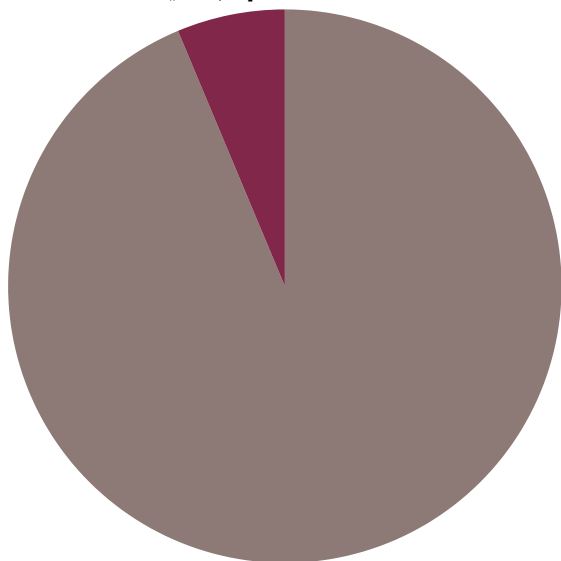
Colorado Mesa University was awarded the Upward Bound grant in September 2022. The 2022-2023 year was our program's first year of providing services and programming for students. This report details our successes, challenges, and lessons learned along the way!

## Funding Source

The United States Department of Education funds Colorado Mesa University's (CMU) TRIO Upward Bound at 92%, \$269,391. Non-federal funding from CMU at 8%, \$18,146.

### CMU Funds

\$18,146



### Federal Grant

\$269,391

## Grant Objectives

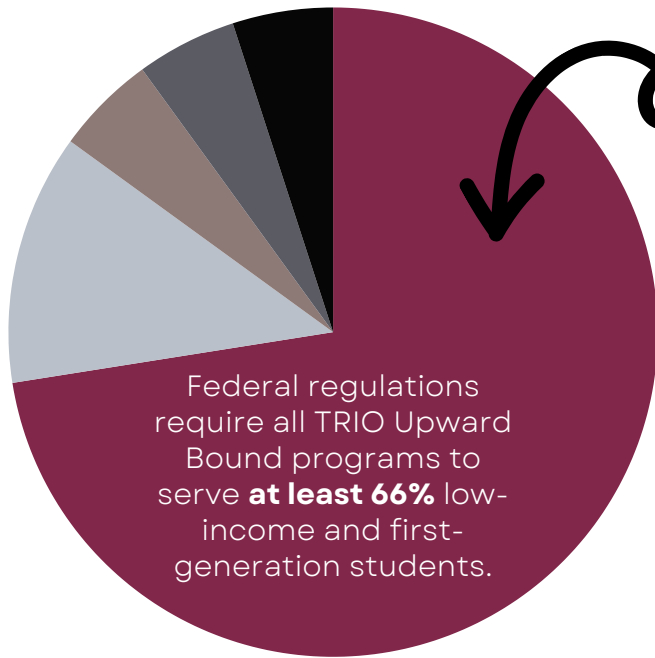
- **63%** of participants will have a GPA above 2.5 at the end of the school year
- **48%** of UB seniors will have proficient scores in math and ELA
- **87%** of participants will continue on to the next year or have graduated
- **48%** of all UB participants will complete a rigorous program of study
- **62%** of current and prior UB participants will enter college directly following high school graduation
- **38%** of UB participants will graduate with an associates or bachelor's degree within 6-years



# Meet the Students



## Eligibility



<b>Low-Income &amp; First-Gen</b>	<b>72.5%</b>
<b>First-Gen &amp; Academic Risk</b>	<b>12.5%</b>
<b>First-Gen Only</b>	<b>5%</b>
<b>Low-Income Only</b>	<b>5%</b>
<b>Academic Risk Only</b>	<b>5%</b>

### As defined by USC § 1070a–11:

#### **Low-Income Individual:**

The term "low-income individual" means an individual whose family's taxable income for the preceding year did not exceed 150 percent of the poverty level amount.

#### **First-Generation College Student:**

An individual both of whose parents or guardians did not complete a baccalaureate degree.

#### **Academic Risk:**

An individual whose GPA at the time of application was less than 2.5, **and/or** a student who scored below proficient levels on standardized tests.



# Meet the Students

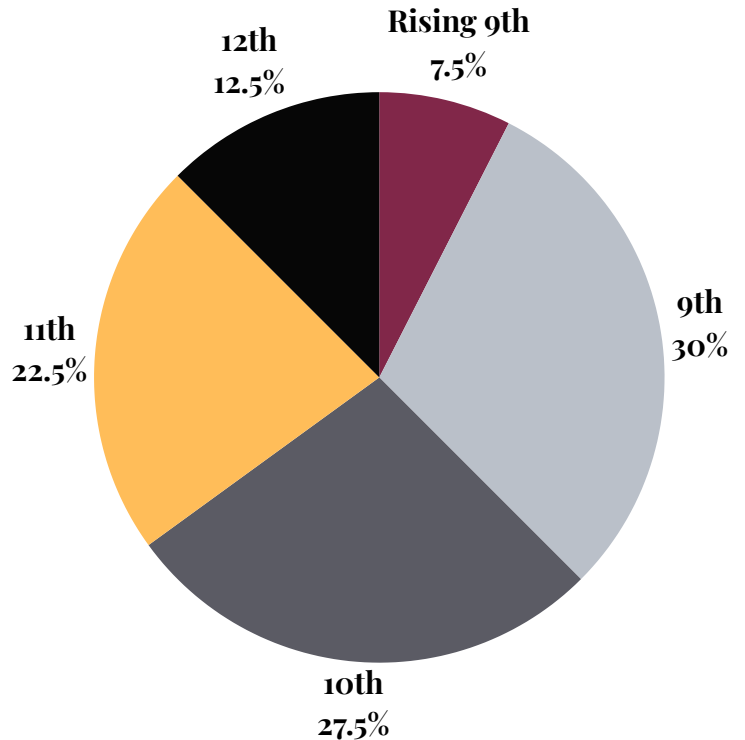


## Grade Level

### Who We Serve

Students can join Upward Bound any time during their high school career. Rising 9th graders may join the summer between their 8th grade and freshmen year.

**47% of students attended Central High School; 53% of students attended Grand Junction High School.**



## Demographic

### Student Employment

Yes	55%
No	45%

### Ethnicity

Hispanic or Latino	57.5%
White	60%
Black	2.5%
Asian	5%

### Gender Identity

Female	65%
Male	35%

# Services & Programming



When the school district is in session, Upward Bound programming and services are provided daily. Each target high school houses a full-time Upward Bound advisor. Advisors provide ample opportunities for students to meet with advisors throughout the school day and engage consistently.

**22-23 Academic Year**  
beginning January 2023

## After-School Tutoring

Hosted Monday-Thursday from 3:30-5:00 PM at Central and Grand Junction High School.

**85%** of students participated at least one time.

**385** hours of tutoring was provided to UB participants.

**The most frequently tutored subjects were math and English.**

CMU student tutors provided instruction and support for students.

## College Advising

*Provided to all students, grades 9-12.*

College advising includes major exploration, course registration, financial aid support, and admissions guidance.

**75%** of students engaged in this service at least one time.

**51** hours of college advising was dedicated to students.

The bulk of college advising for the **class of 2023** was dedicated to college resources, course planning, and financial aid.

## Social & Emotional Learning\*

In accordance with our grant requirements (CPP-3), students engaged in additional instruction tailored to their social & emotional development.

**65%** of students participated at least one time.

**286** hours of social & emotional learning was provided to UB participants

**This category includes SEL instruction during summer.**

## Saturday Sessions

Monthly college-prep workshops were hosted at CMU to engage UB students in additional learning to develop college-going skills.

**75%** of students participated at least one time.

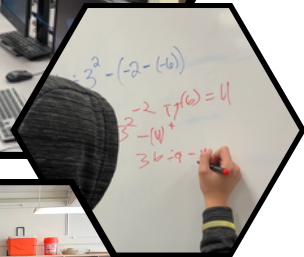
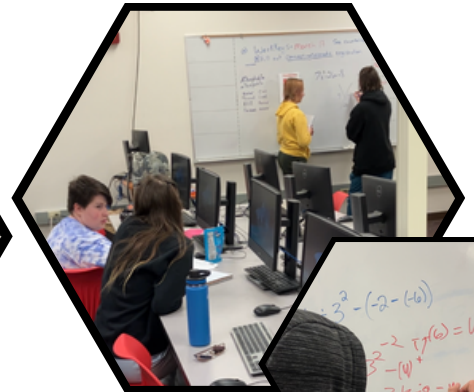
**4** sessions were provided. Topics included financial aid 101, college life, community service, and health & wellness.

**Students also participated in the March 2023 Mesa Experience at CMU.**

# Services & Programming

## 22-23 Academic Year Highlights

Upward Bound students, and staff at the March 2023 Mesa Experience. Students toured campus, learned about their prospective majors, and explored financial aid options for their future.



Students experienced the state-of-the-art VR anatomy lab at the CMU St. Mary's Medical Education Center.

After-school sessions at CHS and GJHS were a great place for students to get ahead and enjoy the support of one another.

Students helped build 25 beds for families in need during the April community service day.

# Services & Programming

## 2023 Summer Academy

The six-week Upward Bound Summer Academy is designed to simulate a college-going experience for participants, as well as develop the skills and motivation necessary to succeed in secondary and post-secondary education. The academy was held at Colorado Mesa University.

25

students participated in the six-week Summer Academy.

178

hours of summer academy instruction over six weeks time.

5

colleges were visited during the week-long Scholar's trip

For the first four weeks, students received daily instruction in math, English, and foreign language from local teachers and a daily science workshop from CMU and CMU Tech faculty. Daily, students learned from CMU and local professionals about mental health and wellness topics. Weekly, students spent Friday afternoons paddleboarding at local ponds, swimming at Lincoln Park, and painting at Fat Cat Pottery.

## Commuter Session

Students received 0.5 high school elective credits for participating in the UB Summer Academy.



# Services & Programming

## 2023 Summer Academy

Students lived on campus at Colorado Mesa University for six days during the residential portion of Summer Academy. They experienced dorm life, shared bathrooms, and living with roommates for the first time! Their days consisted of **morning academic seminars** that combined core content areas with subjects including art, music, and business. They built paper plate speakers with Engineering professors, created authentic pinatas, explored the local Mica mine with Geology faculty, and put their math skills to work in an investment simulation.

In the afternoons, students learned about **leadership, developing their personal health, and practicing mindfulness**. Presenters included local professionals like the CEO of the Grand Junction Chamber of Commerce, staff from CMU's TRIO Student Support Services, and IRIS advising. Students had time to enjoy the CMU Rec Center, play basketball, navigate the climbing wall, and create their own art or friendship bracelets before dinner.

Each evening, students participated in an **activity after the summer heat subsided**. Activities included tie dye, sand volleyball, karaoke, and an outdoor movie night. Evenings included plenty of laughs, group bonding, and always a little friendly competition! Most nights finished with students making ramen noodles in the shared dorm kitchen before heading off to their rooms. **A full college experience, indeed!**

Thank you to CMU Residence Life, the University Center, Student Services, and Hamilton Rec Center for helping make our residential session amazing!

## Residential Session





# Services & Programming

## 2023 Summer Academy

## Scholars Trip

The final week of the Summer Academy was spent on a five-day road trip to visit five college campuses across the Rocky Mountain region. Each campus provided a full tour and showcased the programs unique to their institution.



## Trip Highlights

- **Veterinary Technology** tour at Colorado Mountain College - students got to meet the animals!
- **Planetarium** exhibition at the University of Wyoming where students learned about black holes and the universe!
- **Talent show** with the Upward Bound students from Colorado State University - our students sang, played violin, and got their karaoke on while meeting other students from CSU UB!
- Students visited the **Denver Museum of Nature & Science**, the **Downtown Aquarium**, and spent three hours exploring **Meow Wolf**!
- Our week ended with a full tour of the **Colorado State Capitol** building where we learned about the history of the Centennial state!



Thank you to Russ Cadman, John Rand, and the CMU Athletics department for allowing us to use the CMU-branded bus for our road trip! We definitely traveled in style!

# Services & Programming

## 2023 Summer Academy Highlights



# 2022-2023 Outcomes



Performance Criterion	Project Goal	Project Outcome
Number Served	60	40
GPA 2.5 and Above	63%	60%
Senior Proficiency in ELA and Math on Standardized Tests	48%	80%
Retention & Graduation of Students	87%	100%
Graduation w/ Rigorous Program of Study	48%	40%
Enrollment in Post-Secondary Education	62%	100%
Postsecondary Completion	38%	N/A

## Class of 2023 Measures

### Average SAT Score

SAT Math	464
SAT EBRW	478

\$

All five seniors in the class of 2023 enrolled in post-secondary education fully funded through scholarships & grants alone.

### Financial Aid Awards

	#	Total Awards	Average Award
<b>Institutional Aid</b> (academic or merit-based scholarships; departmental)	8	\$12,050.00	\$1,506.25
<b>Private Scholarships</b> (Reisher, Daniels, etc.)	2	\$30,000.00	\$15,000.00
<b>State Grants</b> (CSOG, COF, COSI)	6	\$23,552.00	\$3,925.33
<b>Federal Grants</b>	4	\$36,425.00	\$ 9,106.25

# 2022-2023 Reflections



As a brand new grant program, **I am proud of the progress made** during the 2022-2023 year. In a short amount of time, our team helped 40 students take advantage of Upward Bound services and programming. Our advisors did an outstanding job of nurturing strong relationships with students, families, target school administrators, teachers, coaches, and counselors. These are relationships that we still rely on today!

In addition to the great work of our advising team, I am proud of the growth our students experienced. We saw tangible change in their attitudes, behaviors, and motivations, especially those who joined us for the Summer Academy. Students who entered the program with uncertain futures can now clearly articulate the goals they have for their life and the steps they plan to take toward achieving them. Many grew more confident in their academic abilities through developing relationships with tutors and Summer Academy instructors. These relationships are ones they still lean on to support their learning and academic growth.

A few specific highlights stick out to me from 2022-2023:

- Five students from Central High School were accepted into the **CSU First-Gen Business Summit** that took place in August 2023. Of these five students, a dynamic duo, Angel and Brant, were **runners up in the case study competition**. Their group proposed using business income to create low-to-no-cost housing and transportation options for young people aging out of the foster care system.
- Terrence, a then freshman at Grand Junction High School, was chosen as the **2023 TRIO Achiever** by the Colorado ASPIRE board (the state TRIO organization). He was recognized for his commitment to his academics but also his consistent involvement and passion for Upward Bound.
- Areli, a class of 2023 grad, was awarded the inaugural **Reisher Ready scholarship to CMU**. Previous to her joining Upward Bound, she was not aware of the award, nor the amazing scholarships available to her! She is now studying to be a nurse at CMU and is fully-funded through her scholarships.
- During our trip to the University of Wyoming, numerous students took advantage of the opportunity to **speak with current law students and law school staff** about the path to a law degree. Students shook hands and exhibited incredible professionalism when speaking with individuals twice their age! These conversations have motivated their passion for a career in the field of law and established first-gen champions at a campus far from home!

# 2022-2023 Reflections



Brant & Angel (students on the far right), were runners up in the case competition at the CSU First-Gen Business Summit.



In April, Terrence, a GJHS student, was awarded the 2023 TRIO achiever award by the state TRIO organization.



Areli, Class of '23, was awarded the Reisher Ready award. She is pictured with her family at the end of year celebration.

## Challenges & Opportunities



We began working with students in early February of 2023 with many students joining late into the spring semester. The **limited amount of time** we had to advise students affected the outcomes we were able to achieve. Specifically, we did not have the access necessary to monitor student grades, test scores, and class schedules until the 2023-2024 academic year. In turn, we relied heavily on students to self-report grades, a practice we have since gone away from! Now, advisors have full access to student records and are consistently monitoring grades and attendance.



Our team was all brand new to TRIO! This brought many challenges, especially when navigating the many requirements and regulations we needed to follow. However, we quickly implemented services at each target school, pulled off a six-week summer academy, and reached 66% capacity in the program in a matter of six months. **We learned so much!** Now, we can revise the foundation we laid last year and make necessary adjustments to best serve our students!